

# County Heart Association Offers Tips to Hunters

By WILLARD J. ZINN, M.D., President, County Heart Association

With the hunting season in the air Los Angeles residents have their eyes on the mountains—their spare time devoted to checking guns, clothing and camping gear. And, according to your Los Angeles County Heart Association, their names in ever larger numbers firmly listed in their doctor's appointment books.

“One are the days when ‘serboten’ was the word for hunting enthusiasts, with heart disease, though in many cases more hunting deaths still result from heart attacks than from gunshot wounds. The hunters who become headlines are often those who haven't had a physical examination in years . . . nor a regular routine of physical exercise, either.

But with more and more states adding a list of health checks and don'ts to their hunting and fishing mailings, hunters are adding the medical check-up to their pre-trip planning.

REMEMBER, there is one thing you must bring home—yourself in good health.

And, your doctor is the one who can help you decide which stresses you can take and which to avoid.

Schedule your appointment for several weeks before you plan to go, the Heart Association says, and know the answers to these questions before you get to the doctor's desk:

How cold will it get and how hot in the mid-day sun? How far will you hike through the underbrush and marshes, how long the uphill climb, how high the altitude you're heading for? These are some of the factors your doctor will want to taken into account.

STARTING WITH the physical check-up, the Los Angeles County Heart Association offers valuable tips for ALL HUNTERS:

• Condition yourself as for any unusual physical exer-

tion, with increasing schedule of exercise in preparation for D-Day;

• Choose lightweight but warm clothing to lighten the load on your heart;

• Know simple first-aid duties;

• Be moderate in eating and drinking, and remember that drinking mixes with neither driving nor hunting.

Some added tips especially for hunters with a heart condition:

• Never hunt alone.

• Tell at least one member of your party about your condition, what medicine you take, how the medicine is given, and in which pocket you carry it. Keep the medication clearly typed or printed on the container.

• Get a good rest . . . preferably a full night's sleep . . . before you set out to

hunt. Don't eat a large pre-hunt meal.

• Go a few days early when the hunting area is at a higher altitude than you're used to. This will permit your heart to adjust before you add the active strains and tensions to the hunt itself.

• Rest along the way as of-

ten and as long as necessary—before you get too “bushed”; take your stand near camp and let the others flush.

• Bringing the deer back after the kill is hard work. Sensible hunters share this burdensome chore—heart patients never touch it!

Hunting can be one of life's great adventures, but hunters who are out of practice as outdoor men can push too hard, too fast, too far. If you take as good care of your body as you do your gun, you can continue to enjoy hunting seasons for many years to come.

## Heart Disease Topic for Talk

Dr. Ronald T. Picirillo, a member of the Los Angeles County Heart Association's speakers' bureau, spoke before a meeting of the Knights of Columbus Monday evening.

The meeting was held at Ulebrand Hall, 25424 Frampton Ave., San Pedro, at 9 p.m. Dr. Picirillo discussed “Coronary Heart Disease.”

“Some falls are means the happier to arise.”—William Shakespeare.

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A favorite of most families or for entertaining is Italian spaghetti and meat sauce. An economical and delicious main course which can be prepared in half an hour, eliminating the long hours of cooking always associated with spaghetti sauce. Quick as it is you'll rate it with the best you've ever eaten.

Accompany this main course with a tossed green salad, garlic bread, and chilled fruit for dessert. For a beverage you will want to serve hot coffee or milk for the children.

Considering the cost, the time you spend in preparing, and the praises you will receive; this is a dinner menu which is well worth trying.

## BETTER BUYING

**ITALIAN SPAGHETTI WITH MEAT SAUCE**

2 lbs. Ground Beef 78c, 1 garlic clove, minced 5c, 2 tds. salad or olive oil 5c, 1 can tomato soup 13c, 2 cans tomato paste 20c, 13-oz. can mushrooms 25c, 3/4 cup of coffee, 1/2 teaspoon sugar, 1/4 teaspoon basil or oregano 5c, Pkg. long spaghetti 33c, Parmesan cheese 29c.  
**Total Cost of Spaghetti \$2.28**

**BREAD, COFFEE AND DESSERT**

Garlic bread or hot rolls are always in style when serving spaghetti. You can readily purchase garlic bread easily make your own with French at your favorite market; or you can bread, butter, and garlic salts. Garlic bread . . . 29c  
Of course, you will want to serve plenty of hot, fragrant coffee, too. Coffee . . . 15c  
**Total Cost of Bread & Coffee . . . 44c**

An easy dessert to serve along with your spaghetti and meat sauce main course would be chilled fruit; another warm weather favorite is sherbet. The complete cost of the meal would vary accordingly to the type of dessert you serve.  
2 pints sherbet . . . 58c  
2 cans Libby's fruit cocktail . . . 50c  
The total cost of the meal using chilled fruit for dessert would be approximately \$4.06, if you decided on using sherbet for your dessert the cost of the total meal would be a few cents higher.  
**Total Cost of Meal \$4.06**

**TOSSED GREEN SALAD WITH ITALIAN DRESSING**

1 Head of Lettuce	19c	3 Stalks of Celery	15c
2 Tomatoes	15c	8-oz. Bottle of Milani's Italian Dressing	25c
1 Cucumber	10c	<b>Total Cost of Salad</b>	<b>84c</b>

Cut up salad greens in a large bowl. Return to refrigerator and keep chilled until ready to serve. A few minutes before serving, toss lightly with Milani's Italian dressing.

Better buying will pay \$5.00 for any complete dinner menu they publish which is sent in by their readers. Menu should include the following: soup or salad, entrée with two vegetables (in cases such as stew's, the vegetables are part of the entrée), dessert and beverage. The total cost of the complete meal, which should be fed at least 4, should not be more than \$5.00. All entries are the property of Better Buying and only those which are published will be paid for.



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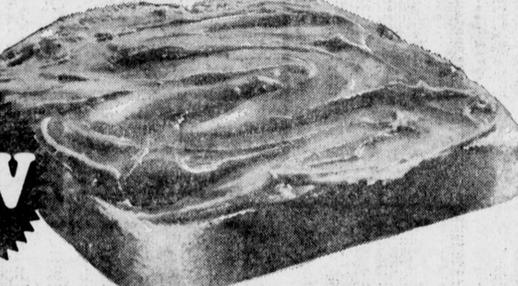
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